

**MAKE  
YOUR  
MOVE**



**GYM BALL**  
Instructions

**VIAVITO®**

# VIAVITO®

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## Introduction

Thank you for choosing a Viavito gym ball. Available in a range of sizes and grades to suit every requirement, all of our gym balls are made from superior grade materials. This ensures a higher anti-burst capacity than an ordinary gym ball as well as increased durability. The use of higher

quality materials mean that the inflation of the ball must be carried out in steps: Initially to 80% of the ball's size, leaving it for 24 hours for the material to stretch before pumping it to its target size.

We hope that you enjoy using your Viavito gym ball!

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## Tips for Using the Tape Measure

Your gym ball is supplied with a specially designed tape measure to ensure accurate inflation. To inflate the ball take the tape measure, thread the hole at the start of the tape through the nozzle of the pump

before inserting it into the gym ball. As the ball starts to inflate, wrap the tape around the circumference of the ball and use the markings on the tape reaching the nozzle of the pump to gauge the correct size.

## Step 1

Inflate the ball to the 80% mark on the tape. Take out the pump and quickly insert the stopper and push it in to stop air escaping.

## Step 2

Leave for 24 hours for the ball to stretch and loosen up.

## Step 3

Remove the stopper using the included stopper removal tool. Pump the ball up to its target size. Reinsert the stopper.

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## Adjusting Your Gym Ball for the Perfect Fit

Perform a simple test to verify the fit: If the gym ball has been inflated correctly, there will be a 90 degree angle between your hips and knees when seated on the ball with your feet

flat on the floor. To adjust the size - add or release air without exceeding the ball's maximum size. When you reach the 90 degree angle, the ball is at the correct inflation level.

# Using Your Viavito Gym Ball

- Always inspect the floor space around the location of your gym ball to ensure that there are no pins or other sharp objects that could pierce your ball.
- Inspect your gym ball before each use for signs of wear or damage. If in any way damaged, do not use.
- Viavito gym balls are designed for indoor use at normal room temperature. Exposure to direct sunlight, wet or damp environments will compromise the safety of the ball.
- Clean with a soft, damp cloth. Avoid abrasive cleaning materials & agents and never machine wash!
- As Viavito gym balls are made from superior quality, thicker PVC and are shipped folded, the gym ball will appear creased once inflated. This is natural and expected and the creases should disappear within a week or two.
- As the material of the ball will adapt to its environment and ambient temperature, please check the size & adjust every few weeks.
- Do not over inflate your gym ball. Doing so compromises its safety.

## Contact Us

Viavito Ltd  
Sabichi House  
5 Wadsworth Road  
Perivale  
Middlesex  
UB6 7JD



[support@viavito.com](mailto:support@viavito.com)



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